

UCSD Swimming

Day 1

Dynamic Warm-Up

Shoulder Stability

Glute Act/Strength

Do warm up we did in the gym

Scap push ups. Wk 1 & 2: 2 x 18. Wk 3 & 4: 2 x 25. Blackburns. Wk 1 & 2: 2 x 18. Wk 3 & 4: 2 x 25

DL Hip Bridge. Wk 1 & 2: 2 x 15. Wk 3 & 4: 2 x 20. Fire Hydrants. Wk 1 & 2: 2 x 10 ea. Wk 3 & 4: 2 x 15

Order	Max	Exercise	Set	18-Jul		25-Jul		1-Aug		8-Aug	
				Week 1 wt	x Week 1 reps	Week 2 wt	x Week 2 reps	Week 3 wt	x Week 3 reps	Week 4 wt	x Week 4 reps
1	#N/A	Hang Clean + Front Squat BAR SPEED! BAR SPEED! Hang Clean, set feet to squat, front squat Do 1 hang clean, then 1 front squat.	1		x 3		x 3		x 3		x 2
			2		x 3		x 3		x 3		x 2
			3		x 3		x 3		x 3		x 2
			4				x 3		x 3		
2	#N/A	Pull Ups Count to 4 on the way down. Pull up fast. Do last set normally.	1		x 4		x 5		x 6		x 5
			2		x 4		x 5		x 6		x 5
			3		x 4		x 5		x 6		x max
			4		x max		x max		x max		
3	#N/A	DB OH Lunges opposite arm opposite leg reps for each side	1		x 8		x 7		x 6		x 8
			2		x 8		x 7		x 6		x 8
			3		x 8		x 7		x 6		
4	#N/A	Plate T's & V's Do face down on a bench. thumb up T, palm up V	1		x 10 ea		x 12 ea		x 12 ea		x 10 ea
			2		x 10 ea		x 12 ea		x 12 ea		x 10 ea
			3		x 10 ea		x 12 ea		x 12 ea		
5	#N/A	1 DB SL RDL opposite arm opposite leg	1		x 10		x 9		x 8		x 8
			2		x 8		x 7		x 6		x 6
			3		x 6		x 5		x 4		
6	#N/A	SB Pike	1		x 10		x 12		x 14		x 15
			2		x 10		x 12		x 14		x 15
			3		x 10		x 12		x 14		

Day 2

Dynamic Warm-Up

Shoulder Stability

Glute Act/Strength

Do warm up we did in the gym

I, Y, T, V. Wk 1 & 2: 2 x 10 ea. Wk 3 & 4: 2 x 12 ea. W-Press. Wk 1 & 2: 2 x 10. Wk 3 & 4: 2 x 12.

SL Hip Bridge. Wk 1 & 2: 2 x 8 ea. Wk 3 & 4: 2 x 10 ea. Hip Circles. Wk 1 & 2: 2 x 6 ea. Wk 3 & 4: 2 x 10 ea.

Order	Max	Exercise	Set	Week 1		Week 2		Week 3		Week 4	
				wt	x reps	wt	x reps	wt	x reps	wt	x reps
1	#N/A	Snatch Complex A snatch grip is index fingers on or outside the rings on the bar. Wk1: RDL, Shrug, RDL-Shrug Wk2: RDL, RDL-Shrug, Jump Shrug Wk3: RDL, Jump Shrug Wk4: RDL-Jump Shrug	1		x 2 ea		x 3 ea		x 3 ea		x 3 ea
			2		x 2 ea		x 3 ea		x 3 ea		x 3 ea
			3		x 2 ea		x 3 ea		x 3 ea		
			4					x 3 ea			
			5								
			6								
			7								
2	#N/A	Back Squat Boxes in gray are warm ups. Take the most weight you have squatted to PARALLEL and multiply by the percentages in the boxes. EX: 200 x .65 = 130 The last set with the (+) is a max. Try to at least get the number in the box. BE SMART! If you don't have a spotter, don't max out completely.	1		x 10		x 8		x 8		x 10
			2		x 8		x 6		x 8		x 8
			3		65% x 6		70% x 4		65% x 6		40% x 6
			4		70% x 6		75% x 4		75% x 4		50% x 6
			5		75% x 6+		80% x 4+		85% x 2+		60% x 6
			6								
			7								
			8								
			9								
			10								
3	#N/A	Standing DB Alt Shoulder Press reps for each side	1		x 8		x 8		x 7		x 8
			2		x 8		x 7		x 6		x 8
			3		x 8		x 6		x 5		
4	#N/A	Band or Plate No Money's	1		x 10		x 12		x 15		x 10
			2		x 10		x 12		x 15		x 10
			3		x 10		x 12		x 15		
5	#N/A	SB SL Leg Curl reps for each leg	1		x 6		x 7		x 8		x 6
			2		x 6		x 7		x 8		x 6
			3		x 6		x 7		x 8		
6	#N/A	Plank w/ Hip Touch start in plank position, touch opposite hip hold for 3 seconds.	1		x 10		x 12		x 14		x 10
			2		x 10		x 12		x 14		x 10
			3		x 10		x 12		x 14		

UCSD Swimming

Day 3

Dynamic Warm-Up

Do warm up we did in the gym

Shoulder Stability

Scap push ups. Wk 1 & 2: 2 x 18. Wk 3 & 4: 2 x 25. Blackburns. Wk 1 & 2: 2 x 18. Wk 3 & 4: 2 x 25

Glute Act/Strength

DL Hip Bridge. Wk 1 & 2: 2 x 15. Wk 3 & 4: 2 x 20. Fire Hydrants. Wk 1 & 2: 2 x 10 ea. Wk 3 & 4: 2 x 15

Order	Max	Exercise	Set	18-Jul		25-Jul		1-Aug		8-Aug	
				Week 1 wt	Week 1 reps	Week 2 wt	Week 2 reps	Week 3 wt	Week 3 reps	Week 4 wt	Week 4 reps
1	#N/A	Goblet Lateral Lunge reps for each leg	1	x 5		x 6		x 6			x 4
			2	x 5		x 6		x 6			x 4
			3	x 5		x 6		x 6			x 4
			4	x 5		x 6		x 6			
			5					x 6			
2	#N/A	DB Incline Bench Press total reps keep elbows in close to sides	1	x 5		x 6		x 6			x 4
			2	x 5		x 6		x 6			x 4
			3	x 5		x 6		x 6			x 4
			4	x 5		x 6		x 6			
			5					x 6			
3	#N/A	DB Incline Row hold for a 2-count at the top	1	x 5		x 6		x 6			x 4
			2	x 5		x 6		x 6			x 4
			3	x 5		x 6		x 6			x 4
			4	x 5		x 6		x 6			
			5					x 6			
4	#N/A	FE SL Hip Bridge use a DB to elevate feet reps for each leg	1	x 5		x 6		x 6			x 4
			2	x 5		x 6		x 6			x 4
			3	x 5		x 6		x 6			x 4
			4	x 5		x 6		x 6			
			5					x 6			
5	#N/A	Side Bridge w/ Elbow Touch touch top elbow to the ground reps for each side	1	x 10		x 12		x 12			x 8
			2	x 10		x 12		x 12			x 8
			3	x 10		x 12		x 12			x 8
			4	x 10		x 12		x 12			
			5					x 12			